

## SWIM CLASS REGISTRATION BEGINS MAY 5TH

¥ **MAIL-IN/WALK-IN REGISTRATION** begins **May 5** and continues throughout the summer. To correctly assign swim instructors, registration must be received at least two weeks prior to the session starting date. Mail-in/Walk-in Registration will be accepted at the Parks, Recreation and Community Services Department.

¥ **ONSITE REGISTRATION** starts **Saturday, June 14** and will be accepted during pool hours at each pool site, provided class space is available.

¥ **CLASSES FILL QUICKLY**; therefore we suggest you register as early as possible. List your first choice, and at least two alternate classes on the registration form. You may pay either by check or money order, made payable to City of Riverside, PRCS.

**CASH is NOT accepted. Credit Cards will be accepted ONLY** at the Parks, Recreation and Community Services Department main office at 3936 Chestnut St.

¥ Minimum enrollment is required in each class. Classes are subject to cancellation.

¥ Class schedule is subject to change.

¥ We try to maintain class ratio numbers.

### 2008 Swim Lesson Schedule

Each session is conducted **Monday - Thursday, for two weeks.**

Each lesson is **30 minutes.**

**\$45 per session / \$68 for Non-Residents**

Session 1 —June 16 — 26

Session 2 —June 30 — July 10

Session 3 —July 14 — 24

Session 4 —July 28 — Aug. 7

Session 5 —Aug. 11 — 21

*Classes are taught by American Red Cross Certified Instructors*  
**\$45.00 a session per student / \$68.00 for Non-Residents**

**Swim Lesson Schedule offered at every pool.**

**Reid and Villegas pools offer 11:30am and 5:15pm swim lesson times ONLY. (Pools are listed on this page above.)**

Time	Parent & Me	Level 1	Level 2	Level 3	Level 4	Levels 5, 6, 7
9:45 - 10:15 a.m.		●	●	●	●	
10:20 - 10:50 a.m.		●	●		●	●
10:55 - 11:25 a.m.		●	●	●	●	
11:30 a.m. - 12 noon	●	●	●	●		
5:15 - 5:45 p.m.	●	●	●	●		
5:50 - 6:20 p.m.	●	●	●	●	●	
6:25 - 6:55 p.m.		●	●	●		●

*Dates and times are subject to change due to holidays, special events, maintenance of facilities, or participation level.*

### Class Descriptions

Students are tested on the first day of class. If the student is above/below their current skill level they will be transferred to another class, provided an opening is available. If you are unsure what class level to register your child in, see our **Frequently Asked Questions on page 2.**

#### Parent & Me

**Age: 6 mos. to 5 yrs.**

This class is designed as an introduction to the water. Class emphasis is on fun and safety. Under the guidance of an instructor, parents will learn how to teach their children elementary water adjustment, breath control, and swimming readiness skills. Parent participation in the water is required. Class ratio 8:1.

#### Level 1 - Water Exploration

**Age: 3+**

An introduction to the water. Class time is spent on water adjustment, floating, kicking, arm stroke, and water safety. Class ratio 6:1. Prerequisite: none.

#### Level 2 - Primary Skills

**Age: 3+**

Students will learn the fundamentals of front crawl, back crawl, turning over while floating, and water safety. Class ratio 6:1. Prerequisite: Level 1 or equivalent skills.

#### Level 3 - Stroke Readiness

**Age: 3+**

Concentration is placed on the refinement and perfection of the front and back crawl, and gaining endurance while swimming. Students will work on elementary backstroke, front dives, treading water, and safety skills. Class ratio 5:1. Prerequisite: Level 2 or equivalent skills.

#### Level 4 - Stroke Development

**Age: 5+**

Emphasis is placed on the refinement and endurance of skills learned in previous levels. Students will also learn breaststroke and sidestroke kicks. Students need to be comfortable in deep water and have the ability to swim multiple lengths of the pool. Class ratio 6:1. Prerequisite: Level 3 or equivalent skills.

#### Level 5 - Stroke Refinement

**Age: 8+**

Students will continue to work on front crawl, back crawl, elementary backstroke, breaststroke, side stroke, butterfly kick, springboard diving, open turns, and safety skills. Students may swim up to 20 lengths of the pool in deep water during one class period. Class ratio 7:1. Prerequisite: Level 4 or equivalent skills.

#### Level 6/7 - Skill Proficiency and Advanced Skills

**Age: 8+**

Emphasis is on the refinement of all strokes, increased endurance and conditioning, as well as turns, surface dives, butterfly stroke, safety skills, and fitness development. Class ratio 7:1. Prerequisite: Level 5 or equivalent skills.

## Pool Locations

### Arlington Park Pool

3860 Van Buren Blvd./Magnolia Ave.

### Hunt Park Pool

4015 Jackson Ave./Garfield St.

### Islander Park Pool

3794 Mt. Vernon/Big Springs Dr.

### La Sierra High School Pool (Closed for Construction)

4145 La Sierra Ave.

### Norte Vista High School Pool (Closed for Construction)

6585 Crest Ave.

### Reid Park Pool

701 N. Orange St./Columbia Ave.

### Shamel Park Pool

3650 Arlington Ave./Brockton Ave.

### Sippy Woodhead/Bobby Bonds Pool

2060 University Ave./Kansas St.

### Villegas Park Pool

7240 Marguerita Ave./ Washington St.



Getting ready for classes to start.

## FREQUENTLY ASKED QUESTIONS

### 1. In which class should I register my child?

If your child has never had swimming lessons before and is pre-school age, a Parent & Me class should be considered. School-age students with no experience should consider a Level 1 class. For students with some experience who are comfortable in the water, a Level 2 or 3 class may be more appropriate.

### 2. I am signing up for several sessions this summer.

#### How do I schedule my child? Can I put him/her in different levels?

Generally, it is not recommended that you sign up for each level, as passing a level is not automatic, but based on completion of skills. If your child has little water experience, it is recommended you sign him/her up for the same level over multiple sessions. For students who are comfortable in the water, we recommend starting with the level completed last year as a refresher and

then moving on to the next level for additional sessions. If your child does pass a level earlier than expected, arrangements can be made with the Pool Manager to transfer classes, if class space is available. Lower level classes fill up very quickly; therefore it is much easier to move a child up than to transfer a child to a lower level.

### 3. My child is fearful of the water. What should I do?

There are many different reasons why children might be fearful of the water. The best thing to do is enroll in classes with low student-teacher ratios, for example: Level 1. Children should be encouraged to learn at their own pace.

## Recreational Swim Schedule

Location		Afternoon Monday - Friday	Evening Thursday	Saturday	Sunday
Arlington Park	(H)	1 - 5 p.m.	7 - 9 p.m.	1 - 5 p.m.	1 - 5 p.m.
Islander Pool	(H)	1 - 5 p.m.	7 - 9 p.m.	1 - 5 p.m.	Not Offered
Reid Park	(H)	1 - 5 p.m.	Not Offered	1 - 5 p.m.	Not Offered
Hunt Park	(H)	1 - 5 p.m.	7 - 9 p.m.	1 - 5 p.m.	1 - 5 p.m.
Woodhead Pool (Bobby Bonds Park) *	(H)	1 - 4 p.m.	7 - 9 p.m.	1 - 5 p.m.	1 - 5 p.m.
Villegas Park	(H)	1 - 5 p.m.	7 - 9 p.m.	1 - 5 p.m.	Not Offered
Shamel Park	*(H)	1 - 5 p.m.	7 - 9 p.m.	1 - 5 p.m.	1 - 5 p.m.

\* Indicates sites where Lap Swimming is available. (H) - Indicates sites that are Handicapped Accessible.

Dates and times are subject to change due to holidays, special events, maintenance of facilities, or participation level.

## Introduction to Synchronized Swimming

\$45/2 wks.  
(\$68/Non-Resident)

Have you ever watched the Summer Olympics and thought how beautiful synchronized swimming is? Well, this is a chance for your child to learn the fundamentals of synchronized swimming such as, balance, poise, flexibility, and strength with music, grace, and fun!

\*Participants must meet Level 5 class description

Code	Ages	Dates	Day	Time	Location
3957.101	4 - 15	June 16 - 26	M - TH	6 - 7 p.m.	Sippy Woodhead Pool
3957.102	4 - 15	June 30 - July 10	M - TH	6 - 7 p.m.	Sippy Woodhead Pool
3957.103	4 - 15	July 14 - 24	M - TH	6 - 7 p.m.	Sippy Woodhead Pool
3957.104	4 - 15	July 28 - Aug. 7	M - TH	6 - 7 p.m.	Sippy Woodhead Pool

## Recreational Swim Pass Fees

Type of Pass	Family Pass (4 per pass)	Family Pass (ea. add. member)	Indiv. Pass 0-17 yrs.	Indiv. Pass 18-59 yrs.	Indiv. Pass 60+ yrs.
Full Season	\$150	\$10	\$30	\$60	\$42
Half Season	\$87	\$6	\$18	\$35	\$24
Full Season Non-Residents	\$225	\$15	\$45	\$90	\$63
Half Season Non-Residents	\$130	\$19	\$37	\$52	\$36

## Daily Recreational Swim Fees

Swim Fees	0-17	18-59	60+
Residents	\$1.00	\$2.50	\$1.75
Non-Residents	\$1.50	\$3.75	\$2.50

A swim coach  
guiding a  
student along.



Fun in  
the pool

## Recreational Swim/ Lap Swimming

June 14 - August 21

Recreational swim for all ages. American Red Cross certified lifeguards are on duty. Swimmers may only use U.S. Coast Guard approved flotation devices. Food, drinks, and smoking are not permitted in the facility. **Children 6 years and under must be accompanied by an adult or an older responsible person.**

Lap swimming is also available at selected pool sites. Lap swimming offers an opportunity for swimmers 18 years or older to work on aquatic conditioning and endurance. Our experienced staff will also be available to answer any questions regarding swimming. **For more information on our recreational and lap swimming, please visit one of the pools/times listed above.**

# aquatics/Dog Training

## POOL RENTALS

- Hunt Park Pool
- Islander Park Pool
- Shamel Park Pool

**Fees:**     **\$360/2 hrs. (minimum) for groups of 100 or less**  
              **\$385/2 hrs. (minimum) for groups of 101 - 200 (max.)**  
              **\$10 processing fee for each request**  
              **\$125 refundable deposit**

**Cool down this summer by renting one of our pools!** Our staff will gladly assist you in organizing your activity and providing a safe environment. Rental hours vary from site to site. ***Call 826.2000 for rental information.***

Each pool has different recreational amenities, such as: sand-filled volleyball courts, playground equipment, basketball courts, barbecues, and much more! So chill out and keep your cool at a beautiful Riverside pool! To reserve a pool, please visit one of the pool sites listed above or the Parks, Recreation and Community Services Department.